



## Hours

Sunday 10am to 5pm

Monday thru Saturday: 10 am to 7 pm

\*Seasonal hours may vary

## Scheduling

To schedule an appointment, please speak with our spa reception team, who will guide you to the perfect spa experience. In-house guests can dial direct from their room telephone 9-469-1939. To ensure your preferred time and service is available, we recommend advance booking.

## Cancellations

As a courtesy to the staff and other guests, please provide a minimum of 48 hours advance notice of cancellations or changes. Appointments cancelled less than 48 hours prior to the designated time and no-shows will be billed in full.

## Arrival

You are encouraged to arrive 10-15 minutes prior to your scheduled appointment. This will allow you ample time to sign-in and relax in our Relaxation Library. As a courtesy to other guests and to keep therapists' schedules on time, late arrivals will only receive the remaining available appointment allotment and will be charged the full service fee.

## Special Health Considerations

Please notify our spa reception team if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant.

## Spa Attire

Our Hotel guests are invited to arrive at the Spa wearing the robe and slippers provided in their guestroom. Please disrobe to your level of comfort. Undergarments are not necessary but may be worn during treatments if you prefer. All staff are professionally trained and licensed to ensure the highest quality of service and integrity. Proper draping techniques are always used to protect your privacy and assure your comfort at all times.

## Shaving

Shaving is not recommended prior to any body exfoliation treatment. We specifically suggest that men shave three or more hours before a facial treatment.

## Quiet and Healthy Environment

Our spa environment is one of relaxation and tranquility. We respectfully ask you leave cellular phones turned off so the tranquility of the spa experience may be preserved.

## Payment and Service Charge

We accept Visa, MasterCard, American Express, Discover and cash. Hotel guests may also charge the service to their guestroom. In an effort to make your spa experience as seamless as possible, a 20% service charge will be added to the cost of your service(s). Additional gratuities for your service provider(s) are subject to your discretion. Pricing is subject to change without notice.

## hammam rituals

*Glenmere Hammam experiences are ancient rituals of cleansing and purification that will leave you completely transformed and revitalized. These exclusive treatments may be enjoyed alone or in the company of friends. Please contact our spa reception team for hours and availability.*

### turkish soap ritual

\$225

60m

Take a trip to Istanbul with this treatment inspired by Turkish hammams. Warm yourself upon a heated belly stone while our spa attaché tends to your skin. A luxurious and bubbly scrub using moisturizing castile soap and a traditional, hand-made Kessa mitt incorporates gentle massage strokes, offering a truly one-of-a-kind experience!

### moroccan purification ritual

\$325

90m

Experience a fragrant steam to soften skin. Stress and tension melt away as you are exfoliated on our warm marble bellystone. Followed by an application of detoxifying clay, scents of rose fill the air while water is gently poured over the body to relax and cleanse. An invigorating scalp massage followed by an application of Argan Oil leaves behind nourished, supple hair and skin.

### journey to shambhala

\$515

2.5h

Your journey begins with an application of essential oils to key meridian points to help prepare the body for detoxification in our dry heat sauna. A refreshing cool mist shower and herbal steam with an application of aroma-infused black soap will soften the skin and awaken the senses. Incorporate gentle exfoliating with a warm-water rinse while relaxing on a warm bellystone. Then move to a Spa Suite for a 60-minute full body massage.

## massage rituals

*For centuries, massage has been used to strengthen bodies, calm minds and soothe the soul. Each of our massage offerings harnesses the power of aromatherapy for added benefits. Let our expert therapists transform you to a state of greater well-being.*

### glenmere couture massage \$215/\$305/\$400 60, 90 or 120m

Our made-to-order massage allows you to craft an experience perfectly suited to your needs. A visit to our organic Mixology Bar lets you guide the custom creation of an aromatherapy massage oil or body butter that you will take home with you after your treatment. Select your preferences and our talented therapists will take care of the rest.

### reflexology \$190 60m

Everyday living can create an imbalance in your body's energy zones. This calm-inducing ancient Chinese technique restores harmony by applying pressure to reflex points in your feet that respond to specific energy zones. We enhance this time-honored technique with warm aromatherapy compresses to further enhance the benefits.

### deep pressure therapy \$190 60m

This modality is ideal for those suffering from chronic pain and limited range of motion. Using a variety of techniques coupled with therapeutic arnica, our therapist's touch will provide soothing relief and comfort.

### soothe \$190/\$285/\$375 60, 90, or 120m

Using a blend of sunflower and aloe infused with relaxing Lavender, this popular massage combines classic Swedish strokes to improve circulation with gentle stretches to relieve muscle tension. Warm compresses cradle your feet to promote a deep state of relaxation. A perfect choice for the novice spa guest.

### chardonnay body drench \$190 60m

The perfect choice for those who love massage, but want to deeply nourish the skin. An intensive hydrating cocktail is applied during a full-body massage. A heated wrap provides deep penetration to quench the skin.

## bath & body rituals

*Designed for the most discriminating spa enthusiast, a choice blend of fragrant, nourishing ingredients coupled with ancient and modern healing techniques revitalize mind, body and soul.*

### glenmere luxury bath

Our bespoke bath rituals transcend the typical bathing experience to become our most sought-after spa experiences. Select your preferences, we'll take care of the rest.

Choose your duration:

- o 60m: full-body exfoliation, soak and skin moisturizer application \$190
- o 90m: full body exfoliation, soak and massage \$285
- o 120m: full-body exfoliation, private steam, soak and massage \$375

### celestial sugar glow

\$190

60m

Beyond heavenly, this sweet scrub will seduce your senses. A fragrant blend of sugar and essential oils lift away dull lifeless skin. Conditioning essences are deeply absorbed as you relax in a private steam. Rich body cream leaves the skin silky, smooth and hydrated.

### honey papaya stress release

\$285

90m

A dry brush massage technique stimulates circulation and oxygenation. Next, a rhythmic application of essential oils to key receptor points helps to induce a deep state of relaxation. Stress and tension dissolve during a private steam followed by a refreshing shower. The finishing touch is a massage application of manuka honey and papaya whipped body butter to leave the skin revitalized and smooth.

### mediterranean salt wrap & hair shine

\$375

120m

A blend of mineral-rich sea salt and crushed olive stone stimulate and cleanse the skin, polishing it to perfection. An Indian scalp massage relieves tension and calms the mind. A warm detoxifying clay mask is applied to your body and a nourishing mask to your hair. Relax and enjoy a private steam while body and hair absorb all of the nourishing ingredients. After a refreshing shower, a body moisturizer rich in jojoba, avocado and olive oils, organic myrtle and juniper restore skin's healthy tone and texture.

### nurturing scalp

\$150

60m

An Indian scalp and neck massage help to dissolve tension and slow the mind. An aromatic, hot compress prepares the hair for an application of a moist, sun-dried clay pack. Enjoy in a private steam bath followed by a refreshing shower. You will leave feeling deeply relaxed with nourished, glistening hair.

## facial rituals

*Each day, our skin is exposed to a variety of internal and external aggressions including pollution, ultra-violet rays, unbalanced diets and hormonal changes. Regular facial treatments lessen negative effects and improve the overall function and appearance of the skin. Our selection of facials are not only effective, they are luxuriously indulgent as well!*

### signature facial

\$190

60m

Let us tailor and customize the perfect facial to meet your skin's specific needs. A traditional deep cleansing facial will encourage detoxification as well as address any skin concerns you may have. Our skin care professionals will select a customized mask to improve your skins clarity, texture and overall health. Relax and be prepared to be pampered and rejuvenated.

### platinum peel

\$190

60m

We are proud to offer cutting edge peels that naturally exfoliate your skin revealing new skin cells and helping diminish fine lines and wrinkles, reduce breakouts, lighten age spots and even out pigmentation. After a deep cleansing based on your skin's needs, you will receive a glycolic or lactic acid peel. For sensitive skin we apply our beautiful Himalayan Superfruit or Pumpkin Enzyme Peel which will exfoliate and feed your skin high concentrations of antioxidants.

### red carpet facial

\$285

90m

Often described as a non-surgical facelift, you will feel you skin lift and tighten as this results-oriented facial utilizes a mix of enzymes and proteins to improve skin health through cell regeneration. Dramatically improves skins clarity, elasticity, texture and overall health. This facial is an experience like no other and is great for all skin types. See and feel the difference!

## advanced skin therapies

*For those looking for serious results, we have created a selection of services utilizing advanced technologies and specialized equipment to target a variety of common skin conditions. In many instances you will notice immediate and visible results. For others, you may not notice a significant difference after just one service.*

### age defying facial

\$345

90m

Incorporating all of the modalities of our advanced CACI International esthetic equipment, this facial utilizes cutting edge technology to deliver immediate and lasting results in the fight against visible signs of aging. An ultrasonic deep cleansing unclogs pores and prepares your skin for extractions. Micro current is used to "re-educate" your facial muscles naturally and pain-free, firming sagging skin and helping to reduce the appearance of fine lines and wrinkles. Soothing LED light therapy evens skin tone. Skin is left luminous and radiant; perfect for any occasion.

### fitness for your face

\$285

60m

Wind back the clock with our industry-leading CACI micro current technology. Using levels of current similar to what our bodies produce naturally, this treatment quickly and effectively reduces the visible signs of aging by "re-educating" the muscles of your face to return to a more youthful position. This holistic treatment is a non-invasive alternative to more aggressive anti-aging practices, with no discomfort or down time. The results can also be compounded and improved through a series of treatments.

## the glenmere man

*Services developed exclusively for him.*

### classic massage

\$190

60m

Designed to revitalize and awaken the senses. Aroma-infused hot towels and specific massage techniques alleviate tension and tiredness stored in the neck, shoulders and back. The sense of relaxation is further enhanced with an energy-releasing leg and foot massage using deeper pressure.

### executive facial

\$190

60m

Our gentlemen's deeply cleansing and hydrating facial employs natural ingredients to exfoliate and purify the skin as well as decongest pores. Perfect for a man's skin, this facial provides the full spectrum of skin benefits as nature intended.

### muscle melt

\$190

60m

This treatment utilizes nourishing organic botanical extracts to nourish the skin. Relax and unwind during this full body massage concluding with a skin-quenching heated wrap.

### deluxe hand grooming

\$55

30m

A hand exfoliation and nail oil application prepares the skin for a soak in minerals and essential oils to restore vital nutrients and moisture. Nails and cuticles are expertly groomed followed by a relaxing hand massage.

### power pedicure

\$75

45m

Restore your energy, stimulate circulation and revive weary feet with an exfoliation, nail conditioning, shaping and a relaxing foot and leg massage.

## finishing touches

*A collection of hair and nail services to ensure you look your best for every occasion.*

### the essentials manicure

\$55

This relaxing treatment includes detailed cuticle care and a tension-releasing hand and arm massage with a hydrating lotion. This treatment concludes with nails polished to perfection.

### the essentials pedicure

\$75

This cleansing treatment begins with a warm restorative foot soak followed by detailed cuticle care. An invigorating scrub and hydrating masque follows. A relaxing foot and leg aroma-massage releases tension and rehydrates the skin. This treatment concludes with nails polished to perfection.